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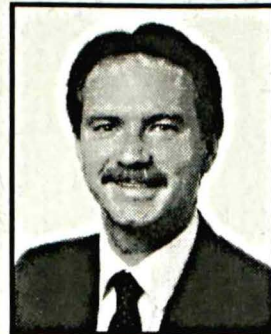
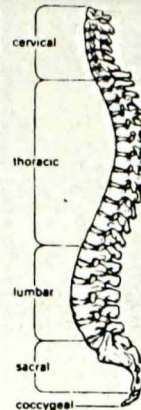


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Tuesday, May 5, 1998

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## THE LEMON GROVE REVIEW



## The Facts About FAT

by Dr. Alan Tuthill, DC

Western civilization generally, and the United States in particular, continually fights the never ending battle of truth, justice and the bulge.

The battle of the bulge seems to be the most difficult to win. Obesity is a problem that, forgive the pun, continues to grow. The following facts may enlighten, educate and, possibly, confuse the average East County eater, but they are the facts nonetheless.

- Obesity and its effects cost Americans \$100 billion per year. It is very expensive to be an overweight nation.

- Americans spend \$33 billion per year to lose weight. Pretty expensive (but less so) to stay in shape, too.

- Americans eat more fast food than ever before. Even knowing that fast food tends to be higher in fat, sodium and calories in general, we continue to eat more of it.

- We consumed eight million more orders of fries, six million more hamburgers and five million more orders of fried chicken nuggets this year compared to last.

Again, we know it's bad for us but we do it anyway.

Is fat addicting, like smoking? I guess just knowing something is bad for us isn't enough, we need to take responsibility for what we consume and, more important, what we feed our children. Convenience, in many cases, may be killing us.

- Eighty-six percent of Americans consumed at least one no-fat or low-fat product in the last two weeks. Too little, too late?

- Our nation's largest fast-food chain dropped its low-fat hamburger due to poor sales. Do we really want to eat better?

In 1995, this same company spent \$800 million dollars to promote its products. In contrast, the National Cancer Institute spent \$1 million to promote consumption of fruits and vegetables. This 800:1 ratio is even worse when you consider it only includes one fast-food chain.

It is much like the tobacco companies spending millions to get people to smoke, when opponents spend far less to tell you how bad it is.

Cardiovascular disease caused by obesity costs \$29.4 billion per year.

Something many of us

can take to heart.

- Fifty-seven percent, or \$8.8 billion per year of the money spent on non-insulin-dependent diabetes mellitus, is due to obesity.

- Musculo-skeletal conditions and arthritis related to obesity costs \$3.75 billion per year. Backs, hips, knees, ankles, etc. suffer under an additional load.

- Thirty percent of gall bladder disease, costing \$3.2 billion annually is caused by obesity. The gall bladder delivers the enzymes that break down fat in the small intestine. Much of the disease stems from the gall bladder being overlooked by those of us eating too much fat too often.

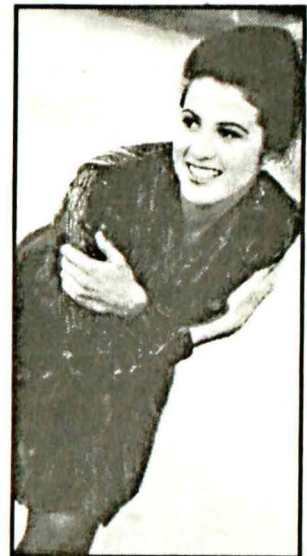
- Up to 70 percent of hypertension (high blood pressure) is due to obesity.

- The death rate increases as women gain weight, even in those not defined as obese. Being overweight doesn't necessarily mean that you weigh 400 pounds. Twenty or 30 can cause substantial risks.

- Women who gained 22 - 40 pounds after age 18 had a 70-percent increase in deaths from cardiovascular disease and a 20-percent increase in deaths from cancer.

- The metabolism rate, the rate at which the body burns calories, is an average 11 percent slower in women than men. Sorry, ladies, it's a guy thing.

- The USDA food con-



East County model Mia Lundgren last seen peddling fat-burner pyruvate.

sumption survey revealed that the percentage of fat in the American diet has actually gone down from 1970 to 1994. But, the total number of calories consumed has gone up.

- A Harvard study concluded that breast cancer was not related to fat intake. Didn't another study say it was?

- Other research indicates the consumption of excess calories, regardless of the source, does increase the risk of prostate and colon cancer. There you go ladies, that guys are getting it, too.

Putting on the pounds

Continued Page 4



## Lemon Grove Sheriff's Log

**Dec. 19-April 2, 1998**

1900 blk. Noble St. Vehicle burglary. \$1,000 value.

**March 25, 1998**

3400 blk. Harris St. Commercial burglary. Value unknown.

**March 31-April 2, 1998**

7400 blk. Mt. Vernon St. Grand theft. \$3,045 value.

**April 1, 1998**

7700 blk. North Ave. Petty theft. \$700 value.

**April 3-6, 1998**

Troy St. Petty theft. \$105 value.

**April 4-5, 1998**

6900 blk. Federal Blvd. Petty theft. \$300 value.

**April 6, 1998**

3200 blk. College Pl. Auto theft. \$4,000 value.

8700 blk. Broadway. Petty theft. \$30 value.

**April 7, 1998**

6900 blk. Federal Blvd. Petty theft. \$500 value.

**April 8, 1998**

8300 blk. Broadway. Vehicle burglary. \$300 value.

7900 blk. Broadway. Petty theft. \$100 value.

**April 11, 1998**

7000 blk. Broadway. Commercial burglary. Value unknown.

**April 8-13, 1998**

7700 blk. Canton Dr. Residential burglary. \$1,825 value.

**April 11-13, 1998**

1400 blk. Skyline Dr. Grand theft. \$3,000 value.

1400 blk. Skyline Dr. Petty theft. \$800 value.

**April 13, 1998**

6800 blk. Federal Blvd. Auto theft. \$8,000 value.

7000 blk. Broadway. Commercial burglary. \$9 value.

## The Lemon Grove Review

(USPS NO. 309-840)

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**Steven Saint, Publisher**

Assistants to the publisher:  
Erin Marie Payne, Trudy Thomas  
Sports Editor: Marv Rosen  
Contributing writers: Cheryl Cohen,  
Greg Eichelberger, Michael Krawczak,

Joe Naiman, Paul Treske,  
Betty Jo Tucker

**Submissions**

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope.

## Lemon Grove Fire Log

**April 19, 1998**

7900 blk. Palm St. Possible coroner's case.

7300 blk. University Ave. Natural gas leak.

1800 blk. Ramon St. Leaking hydrant.

7900 blk. Broadway Ave. Passing out.

Palm St./Washington St. Vehicle accident.

3200 blk. Massachusetts Ave. Fall.

3200 blk. Buena Vista Ave. High temperature.

**April 20, 1998**

3200 blk. Main St. Evaluate for Sheriff's Dept.

NB Hwy 125/Spring Street. Vehicle fire/freeway.

2800 blk. Lemon Grove Ave. Passing out.

2200 blk. Massachusetts Ave. Difficulty breathing.

WB Hwy 94/Spring St. Large vehicle fire.

3200 blk. College Pl. Chest pains.

1500 blk. Dupont Dr. Medical aid.

WB Hwy 94/College Ave. Vehicle accident freeway.

8100 blk. Broadway Ave. Possible heart.

1800 blk. Dayton Dr. Unconscious.

1600 blk. Helix St. Residential structure fire.

2300 blk. Berry St. Bon fire.

1500 blk. Dupont Dr. Difficulty breathing.

**April 21, 1998**

1700 blk. San Altos Pl. Unknown medical.

1600 blk. La Corta St. Possible heart.

1700 blk. Elroy Dr. Dizzy.

Canton Dr./Woodrow Ave. Vehicle fire.

7100 blk. Waite Dr. Evaluate for PD.

3700 blk. Hilltop Dr. Asthma.

1400 blk. El Prado Ave. Incoherent.

## PUBLIC NOTICES

**NOTICE OF TRUSTEE'S SALE** Trustee Sale No. 97-30138 Title Order No. 8902774 Reference No. 51990772 APN No. 576-223-05-00 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 09/23/92. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE IS HEREBY GIVEN THAT THE real property purportedly known as 1915 Lemon Grove Avenue, Lemon Grove, CA 91945 APN 576-341-01-00 will be sold at public auction at the South entrance to the County Court House, 220 West Broadway, San Diego, CA on 5/29/98 at 10:00 am, to the highest bidder, payable at the time of sale, for cash, or cashier's check drawn on a state or national bank, state or federal savings and loan association, savings association, or savings bank specified in Financial Code Section 5102 and authorized to do business in California. The sale will be made without covenant or warranty, express or implied regarding title, possession or encumbrances, to satisfy the obligations secured by said Deed of Trust executed by Donna M Witt and Patrick T Witt wife and husband as Joint Tenants, as trustee, recorded Recorded on 5/10/96, Instrument 1996-0238274, of Official Records of San Diego County, California. The total amount secured by said instrument as of the time of initial publication of this notice is estimated at \$131,208.74, which includes the total amount of the unpaid balance (including accrued interest) and reasonably estimated costs, expenses and advances at the time of the initial publication of this notice. Date: 5/4/98 ATT Foreclosure Services, Inc., 1595 Spruce Street, Riverside, CA 92507, Danni Thomas, Asst. Secretary, For Sale Information Call: (909) 680-3646. We are assisting the Beneficiary to collect a debt and any information we obtain will be used for that purpose whether received orally or in writing. ASAP 918828 5/5, 5/12, 5/19

### NOTICE OF PETITION TO ADMINISTER ESTATE OF EDWARD DANIELS CASE NO. P172315

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of EDWARD DANIELS A PETITION FOR PROBATE has been filed by MARY L. JOHNSON in the Superior Court of California, County of SAN DIEGO. THE PETITION FOR PROBATE requests that MARY L. JOHNSON be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons or unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on JUN 8, at 1:45 p.m. in Dept. 35, located at 220 W. BROADWAY, San Diego, CA 92101. IF YOU OBJECT to the granting

of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for petitioner: PAUL C. McEWEN, JR., Inc. A Professional Law Corporation 4909 Murphy Canyon Road, Suite 420 San Diego, CA 92123

e109399

Lemon Grove Review  
April 30, May 5 & 7, 1998

**NOTICE OF TRUSTEE'S SALE** T.S. No. G302141 Unit Code GLoan No. 504600/TOWNSEND AP No. 503-70-45-00 CALMCO TRUSTEE SERVICES, INC., as duly appointed Trustee under the following described Deed of Trust WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (in the form which are lawful tender in the United States) and/or the cashier's,

**NOTICE OF TRUSTEE'S SALE** Trustee Sale No. 98-00184 Loan No. 349014-2 Title Order No. 8250409 APN No. 510-543-14-00 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 09/17/93. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On May 19, 1998, at 10:00 AM, ARM FINANCIAL CORPORATION as the duly appointed Trustee under and pursuant to Deed of Trust recorded on 09/28/93 Instrument 1993-0641034, of Official Records in the Office of the Recorder of SAN DIEGO COUNTY, California, executed by: LARRY D. HAINLINE, AN UNMARRIED MAN, IS HIS SOLE AND SEPARATE PROPERTY, as Trustor, HOMESIDE LENDING, INC., FKA BANCOSTON MORTGAGE CORPORATION, as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At: AT THE SOUTH ENTRANCE TO THE COUNTY COURTHOUSE AT 220 WEST BROADWAY, SAN DIEGO, CA, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: "As more fully described on the above mentioned Deed of Trust". The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 7425 BRUNEL COURT, LEMON GROVE, CA 91945. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$156,309.17 (Estimated) Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recording. Date: 04/27/98, ARM FINANCIAL CORPORATION, P.O. Box 85309, San Diego, CA 92186-5309, (619) 452-4900 KATHY DANAHER, ASSISTANT SECRETARY NPP0043669 04/28/98, 05/05/98, 05/12/98

of this notice, the total amount of the unpaid balance of the obligation secured by the above described Deed of Trust and estimated costs, expenses, and advances is \$128,798.75. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. Date April 23, 1998 CALMCO TRUSTEE SERVICES, INC. as said Trustee, TERRY HEARD, ASSISTANT SECRETARY T.D. SERVICE COMPANY 1750 E FOURTH ST., SUITE 800, PO BOX 11988 SANTA ANA, CA 92711-1988 714/543-8372 We are assisting the Beneficiary to collect a debt and any information we obtain will be used for that purpose whether received orally or in writing. If available, the expected opening bid may be obtained by calling the following telephone number(s) on the day before the sale: 714/480-5690 TAC 449804C PUB 4/28, 5/5, 5/12

T.S. No. 1543362 Loan No. 1543362 Notice of Trustee's Sale You Are In Default Under A Deed Of Trust, Dated 2/25/93, Unless You Take Action To Protect Your Property, It May Be Sold At A Public Sale. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Notice Is Hereby Given That The real property known as: 8301 Golden Avenue, San Diego, CA 92145 Assessor's Parcel Number 503-121-22-00 As More Fully Described In Said Deed of Trust, will be sold at public auction at The Front Steps Of The County Courthouse, 220 West Broadway, San Diego, California on 5/19/98, at 10:00 AM, to the highest bidder, payable at the time of sale, for cash or cashier's check drawn on a state or national bank, check drawn on a state or federal savings and loan association, savings association, or savings bank specified in Financial Code section 5102 and authorized to do business in California. The sale will be made without covenant or warranty expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by the Deed of Trust executed by Brad L. Naylack And Renee S. Naylack, Husband And Wife, as Trustor.

**NOTICE OF TRUSTEE'S SALE** Trustee Sale No. 97-30138 Title Order No. 8902774 Reference No. 51990772 APN No. 576-223-05-00 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 09/23/92. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On May 19, 1998, at 10:00 AM, Professional Lenders Alliance Corporation as the duly appointed Trustee under and pursuant to Deed of Trust, recorded on 09/29/92 as Document No. 1992-0614062 Book Page 1880 of Official Records in the Office of the Recorder of SAN DIEGO COUNTY, California, executed by: RICKY D. EVANS AND JOANN T. EVANS, HUSBAND AND WIFE AS JOINT TENANTS, as Trustor, TRANSCOASTAL MORTGAGE CORP., as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At: AT THE SOUTH ENTRANCE TO THE COUNTY COURTHOUSE AT 220 WEST BROADWAY, SAN DIEGO, CA, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: "As More Fully Described on the above mentioned Deed of Trust". The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 1960 FAIRHAVEN STREET, LEMON GROVE, CA 91945. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$141,512.10 (Estimated) Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recording. Professional Lenders Alliance Corporation as Trustee, 5 Hudson Centre Drive, Suite 1050, Santa Ana, CA 92707, Telephone Number: (714) 432-7715 Ext 270, Fax Number: (714) 432-1221, By: JACKIE PONICH, TRUSTEE SALE OFFICER, Date: 04/23/98 NPP0043457 PUB: 04/28/98, 05/05/98, 05/12/98

recorded on 3/3/93, recorded as Instrument No. 1993-0132422, Book No. page of the Official Records of San Diego, California. The total amount secured by said instrument as of the time of initial publication of this notice is \$107,050.16, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonable estimated costs, expenses, and advances at the time of initial publication of this notice. Date: April 22, 1998 Diana Carlee, Asst. Vice President Serrano Reconveyance Company 4900 Rivergrade Road, Suite 2870 Inlandville, CA 91706 (626) 856-4855 For Sales Information Call: (714) 573-1965 P107308 4/28 5/5 5/12/98

### SUMMARY OF AN ORDINANCE AMENDING SECTION 18.27.060A(17) OF CHAPTER 18.27 OF THE LEMON GROVE DEVELOPMENT CODE

ORDINANCE NO. 277

On April 21, 1998, the City Council of the City of Lemon Grove adopted Ordinance No. 277, which was introduced for first reading on March 17, 1998. Ordinance No. 277 requires businesses engaged in the sale or distribution of alcoholic beverages for off-site consumption shall maintain a minimum separation of 500 feet from any other business required to have a conditional use permit for the sale of alcoholic beverages, except for warehouses and distribution facilities or food or drug stores engaged in the incidental sale of alcoholic beverages.

Voting for: Sessom, Shelley.  
Clabby, Jandura.  
Lake.  
Absent: None

The full text of said Ordinance is on file in the Office of the City Clerk at 3232 Main Street, Lemon Grove, California 91945

### CHRISTINE TAUB FINANCE DIRECTOR/CITY CLERK

Lemon Grove Review  
May 5, 1998

### FINANCE DIRECTOR/CITY CLERK

Lemon Grove Review  
May 5, 1998

### SUMMARY OF AN ORDINANCE ADOPTING DEVELOPMENT CODE AMENDMENT ZA98-01

ORDINANCE NO. 279

On April 21, 1998, the City Council of the City of Lemon Grove adopted Ordinance No. 279, which was introduced for first reading on March 17, 1998. Ordinance No. 279 requires the issuance of a conditional use permit to authorize the establishment of restaurants with separate cocktail lounges or bars, and miscellaneous eating places that serve alcohol.

Voting For: Sessom, Shelley.  
Clabby, Jandura.  
Lake.  
Absent: None

The full text of said Ordinance is on file in the Office of the City Clerk at 3232 Main Street, Lemon Grove, California 91945

### CHRISTINE TAUB FINANCE DIRECTOR/CITY CLERK

Lemon Grove Review  
May 5, 1998

The full text of said Ordinance is on file in the Office of the City Clerk at 3232 Main Street, Lemon Grove, California 91945

CHRISTINE TAUB

**NOTICE OF TRUSTEE'S SALE** Trustee Sale No. 98-00071 Loan No. 311142-2 Title Order No. 8250209 APN No. 510-543-14-00 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 04/01/93. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On May 12, 1998, at 10:00 AM, ARM FINANCIAL CORPORATION as the duly appointed Trustee under and pursuant to Deed of Trust recorded on 04/15/93 Instrument 1993-0230928, of Official Records in the Office of the Recorder of SAN DIEGO COUNTY, California, executed by: DOUGLAS K. CHAFFEE AND LENNIE P. CHAFFEE, HUSBAND AND WIFE AS JOINT TENANTS, as Trustor, HOMESIDE LENDING, INC., FKA BANCOSTON MORTGAGE CORPORATION, as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At: AT THE SOUTH ENTRANCE TO THE COUNTY COURTHOUSE, AT 220 WEST BROADWAY, SAN DIEGO, CA, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: "As more fully described on the above mentioned Deed of Trust". The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 2505 ARCADIA AVENUE, LEMON GROVE, CA 91945. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$123,290.17 (Estimated) Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recording. Date: 04/17/98, ARM FINANCIAL CORPORATION, P.O. Box 85309, San Diego, CA 92186-5309, (619) 452-4900 VIVIAN VIGIL, ASSISTANT SECRETARY NPP0043665 04/21/98, 04/28/98, 05/05/98



# Santee's 4th annual soccer tournament a rousing success

by Michael Krawczak

The 4th Annual Santee Spring Tournament went off with nary a hitch April 25th and 26th, providing a wealth of soccer action featuring scores of teams playing almost 200 games before thousands of fans.

"It was amazing to see the competition level," declared tournament director Jamie Wirick.

The tournament opened with three pool games for each team on Saturday. Every team advanced to a semifinal match Sunday morning, in either the Winners or Consolation brackets. Winners of those matches met in the finals.

Saturday evening's inaugural Soccer Blast was labeled a success by all. It attracted a crowd of almost 1,000, and raised over \$2,000 for Santana High School band uniforms.

However, the main action was on the field, and several East County teams held their own against the visiting teams from north and east. Maybe it was the home cooking.

In what Santee Waldos coach Mike Usher described as "two of the most exciting games I've ever been in," his team battled into overtime in both its semifinal and final matches, prevailing in both to take the Div. 4 Boys Winners

bracket title.

Facing Dana Point in the semifinal, the Waldos scored first. The teams then traded goals until they were tied 4-4 in the fourth quarter. Dana Point then scored again to take a 5-4 lead.

With one minute remaining, Jack Westphall of the Waldos suffered a tournament-ending injury. The tension built during the long delay as he was carried off the field. On the very next play, Zach Shepard fired a perfect corner kick that curved into Dana Point's net, tying the score.

The teams remained tied into the final minute of overtime, and the drama of the earlier sequence was matched as Shepard again shot a corner kick that was knocked in by Ricky Garcia. The Waldos held on to win, 6-5.

In the final, the Waldos faced Upland En Fuego, which was coming off a 7-0 semifinal victory and had allowed only one goal in four tournament contests.]

The Waldos again traded goals with their opponent, ending up tied, 3-3, at the end of regulation play. In the opening overtime period, the Waldos scored twice, for their first two-goal lead of the day. Upland scored, but again the Waldos held on, prevailing, 5-4.



Closing down on the dribbler (Dana Point - stripes) are two Santee Waldos player during semifinal action of the annual Santee AYSO Tournament. The Waldos managed a tight 6-5 win Sunday morning and advanced to win the Div. 4 Boys title.

Photo by Mike Krawczak

Scoring for the Waldos were Brian Dunne (11), Ryan Bartholomew (4), Shepard (4), Garcia (3), Kyle Stilwell (2), Stephen Nager (1), and Anthony Fortini (1).

An emotional Usher summed up the day's events: "To play teams of that caliber from Orange County, let alone beat them, speaks volumes about the talent in Santee."

The host city also prevailed in Div. 2 Boys, as Santee #1 edged Ontario Storm, 1-0, in

the winners bracket final, avenging its only pool loss.

Santee #1's win followed a similar nail-biter in the semifinal, a 2-1 win over Upland. Coach Phil Leighton called the tournament a total team effort, with outstanding efforts by all.

Zach Smith was Santee's top offensive player, with five goals. Forwards Jason Reese and Jordon Spahr were also key players. Providing tremendous midfield support were Matthew Leighton, Gabriel

Stevens, Darren Dunne, Kyle Rutherford, Matthew Shipman and Collin Dunne.

Keeping opponents away from their net were defenders Jonathan Aguilar, Hector Aviles, Chris Deschamps, David Devigne, Justin Pettit, and goalkeeper Brad Lawson.

"This bunch of boys has made me look like a real good coach," said Leighton.

One team from each division was selected to receive the Sportsmanship Award, with each player on the team receiving an acrylic figurine. In Div. 3 Girls, the Santee Cyclones were so honored. Coach Jay Carpenter attributed this to the level-headed play of his team, along with the strong support of the parents along the sideline.

The Cyclones advanced to the Winners bracket final, but were thwarted by Irvine Xtreme, 3-0. The Cyclones lost to Xtreme in pool play, but defeated their other three opponents, winning two by shutouts.

"The entire team played well," noted Carpenter.

When it was all over, new friends and old acquaintances packed up their cars to return home to places such as Arizona and Orange County. Some had 1st or 2nd place medals, or Sportsmanship awards, but virtually all left with a desire to return for next year's tournament.

## Nautilus and Barona give equipment to East County kids

by Greg Eichelberger

Taking advantage of a generous grant from the Nautilus Corporation and the Barona Band of Mission Indians, the El Cajon and Lakeside Boys & Girls clubs have been endowed with thousands of dollars worth of weight training equipment, and the kids are ecstatic about it.

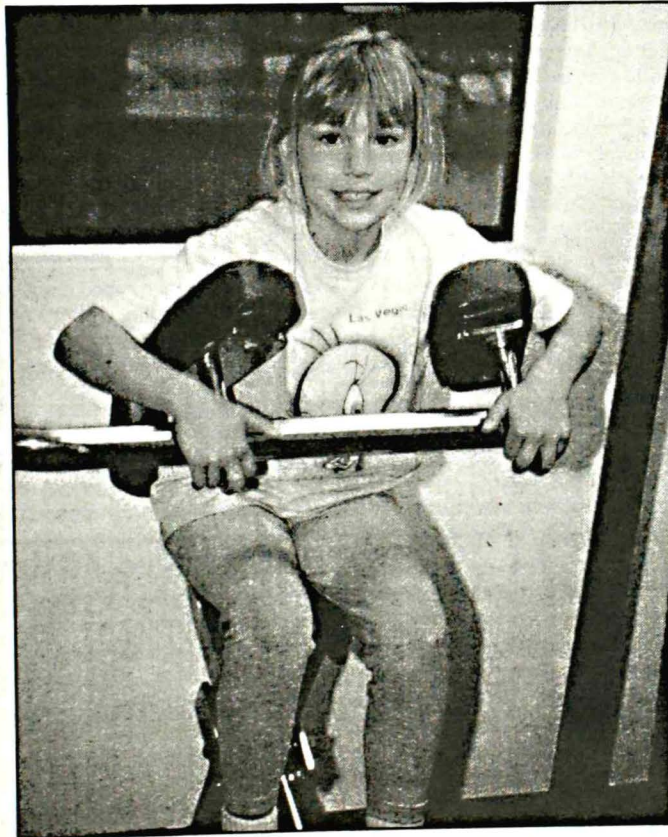
In Lakeside, more than 30 youngsters over the age of 10 participate on the 11 strength training and cardio-vascular (steps, bikes and treadmills) machines during the Monday, Wednesday and Friday sessions (the younger kids exercise on Tuesdays and Thursdays) in a special workout room. The numbers are even larger in El Cajon.

There are also weights available, but only to the older members because of the liability involved.

The genesis of this concept originated last summer at the Inner City Games, when the event's executive director, Joe Biggers, approached Don Ransom of the Lakeside Club and asked if they would be interested in doing a fit kids program.

"Of course we jumped at the idea," said Ransom, who has always advocated a regimen of strenuous activity for his charges.

He added, "Biggers was able to get the Nautilus Company (in Texas) to give us about 24 of the machines and the Barona Tribe donated the money to get them transported here and refurbished. We're grateful to both the Barona people, Nautilus and the organizers at the Inner City Games."



Emma Wise, 8, obviously enjoys working out on the new equipment at the Lakeside Boys & Girls Club.

Photo by Greg Eichelberger

He went on to explain that even parents of the members can utilize the devices for their own physical fitness each weekday between the hours of 4 and 6 p.m. and, that if anyone out there has any weight training expertise, they're more welcome to share that with the kids.

Until then, though, Michelle Anton, a longtime staff member of the club, is having a ball supervising the training herself.

"It's a kick," she said, eyeing

the two dozen youngsters crawling over the gifts like ants at a picnic.

She said, "My job is to make sure they know what their doing and that they don't get hurt, but it's just as fun seeing them make themselves stronger and more fit."

She (as well as other adult counselors) also admits to working out in the room when the kids are finished, but never when the youngsters themselves are exercising.

"It's a lot of fun," said 7-year-old Casey Harris, a student at Riverview Elementary. "I don't like the ones where I have to use my arms, though. I'd rather use the stepping ones."

Two other little girls, Emma Wise and Rosa Iott, both 8, and third-graders at Lindo Park School, agreed, saying that the walking and running contraptions were also their favorites.

Jerrold Comstock, 10, a fifth-grade pupil at the same school, however, is more concerned with strength and muscle tone,

and therefore likes the machines that build his arms and upper body.

"I'd like to be a football player, one day," he said. "Doing these kinds of exercises will help me to become one."

With the state-of-the-art machines, his dream may not be very far off.

To volunteer at the Lakeside venue (located at 12824 Lakeshore Dr.), call 443-9293. To contact the El Cajon facility (1171 E. Madison Ave.), dial 442-0371.

## MDA ERA Golf tournament set for Carlton Hills Golf Course

Carlton Hills Golf Course will be the site of the annual Muscular Dystrophy Association ERA Realty Golf Tournament which will tee off at 1 p.m. on May 17.

There will be a shotgun start using a 4-person scramble format.

All proceeds from the entry

fee of \$100 per golfer, which includes dinner (\$25 for non participants) will go to the MDA.

For information, call Barbara Toole ERA and Associates at 449-0255 or the MDA at 492-9792.

\$500 4-person sponsorships are available and include an ad in the tournament program.



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(check with schools for times)

**Tuesday, May 5 - Tuesday, May 12**

**Saturday (5/9) – MEN'S and WOMEN'S TENNIS:** Southern Calif. team playoffs at Santa Barbara CC (through 5/7).

**While wearing one of the masks that simulates one of the diseases of the eyes, April Park prepares to put during the annual Highway Lions Miniature Golf Tournament on April 26 to raise funds for the San Diego Center for the Blind.** *Photo by Joe Naiman*

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